

# Gyrokinesis® Week Yoga for EveryB.O.D.Y Week

May 11, 2019

Your week begins...

Welcome to a most enjoyable and life-changing vacation, one filled with many accomplishments as well as blissful rest and retreat.

**Stay flexible**...in more ways than one! After you secure your spa appointments, try sketching out your personal program for an entire week, or take it day by day. Our Fitness Concierge is always ready to help you get the most out of your week. You'll soon discover many "don't miss!" experiences that inspire schedule changes.

**Seek a balance** when considering the many options for movement, nutrition, relaxation, entertainment and learning. Generally speaking, try to follow a vigorous, challenging class (i.e. Circuit Training) with something more restorative (i.e. Yoga or a spa treatment).

**Keep in mind** a few guidelines for the week:

- We are a "digital noise-free environment". Please turn off ringers and alerts on your devices. If you must answer or make a call, do so in the privacy of your room, or the Administration Bldg.
- A few classes require signing up in advance on forms posted in the Main Lounge
- "Progressive" classes are a continuum over several days. Your knowledge of that particular discipline and your fitness level will grow with each passing day. If you miss the first day, don't despair, you can still drop in on subsequent days.
- Classes and activities begin on time and last 45 minutes unless noted otherwise.
- The Main Lounge is open 24/7 and is a hub for socializing and checking the bulletin boards. Coffee and tea are always available, as are new friends to talk with, daily newspapers, and a guitar and piano. Games are in the cabinets.

## SATURDAY | May 11

- 6:15  **Mountain Hike: Pilgrim** Challenging 3.5 Miles Main Lounge
- 6:45  **Woodlands Hike** 2 Miles Main Lounge
- 9:00  **Stretch** Pinetree
- 10:00  **Circuit Training** Azteca.  
 **Meditation** 30 mins Milagro
- 11:00  **Yoga: All Levels** Montaña
- 11:45 – 1:45 **Fitness Concierge** Dining Hall  
A fitness specialist is available to answer all questions
- 2:00  **Shallow Water Workout** Activity Pool  
 **Sound Healing** Oaktree
- 3:00  **Navigator: Balancing your Ranch Schedule** (60 mins) Olmeca  
 **Stretch** Pinetree
- 4:00  **Open Weight Room** Staffed Azteca  
 **Set Your Ranch Intention, Tips for a Magical Week** Return and First Time Guests welcome, Library Lounge
- 5:00  **Ranch Tour** (30 mins) First Time Guests encouraged Starts in Main Lounge  
 **Returning Guest Update** Olmeca
- 5:30  **First Time Guest Ranch Orientation** Tolteca
- 6:45  **Meet the Presenters** Dining Hall
- 7:15  **Movie: Mary Poppins Returns** Library Lounge
- 8:00  **The Mission Walker: An adventure story and a reflection on confronting our own mortality, with Edie Littlefield Sundby** Olmeca

### MEAL HOURS

#### SATURDAY

Breakfast 7:00 am to 9:00 am  
Lunch 11:30 am to 3:30 pm  
Dinner 5:30 pm to 7:30 pm

#### SUNDAY THROUGH FRIDAY

Breakfast 7:30 am to 9:00 am  
Lunch 12:00 pm to 1:30 pm  
Dinner 5:30 pm to 7:30 pm

### AVAILABLE FACILITIES WHEN NO CLASS IS IN SESSION

**Milagro - Meditation Room**  
6:00 am to 9:00 pm

**Activity Pool - Lap Swim**  
7:00 am to 6:00 pm

**Azteca Gym - Weight Room**  
7:00 am to 12:00 pm & 2:00 pm to 4:00 pm

### UNSTAFFED PICK UP GAMES

**Pickleball** 9 am Su, T, Th, S  
**Sand Volleyball** 4 pm Su - F

## SUNDAY | May 12

\* Indicates classes with limited equipment. Arrive early to ensure a space.

- 6:15  **Mountain Hike: Pilgrim** Challenging 3.5 Miles (Su) Main Lounge
- 6:30  **Mountain Hike: Alex's Oak** 2 Miles (Su,W) Main Lounge
- 6:45  **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge
- 7:30  **Fitness Concierge** 30 mins (Su) Villas Pool
- 8:15  **Fitness Concierge** 30 mins (Su) Dining Hall
- 9:00  **Chant** (Su,Th) Millagro  
 **Feldenkrais** (Su,M,T) Oaktree  
 **Introduction to Pilates Mat: Fundamentals** Progressive (Su) Pinetree
- \*  **Introduction to Circuit Training** (Su) Azteca  
 **Running Clinic** (Su) Meet outside of Kuchumaa Gym  
 **Sculpt & Strengthen: Level 2** (Su,W) Olmeca  
 **Stretch** (Su-F) Montaña  
 **Tennis Clinic: Level 1** (Su,T,Th) Tennis Courts  
 **Ranch Reset-Restore-Revitalize 2019 Juice Fasts, with Regina Montalvo, MS, LAc-Spa & Holistic Therapy Specialist** Library Lounge
- 10:00  **Dance: Introduction to Salsa** (Su) Kuchumaa  
\*  **Introduction to Circuit Training** (Su) Azteca  
 **Pilates Mat: Level 2** (Su,T,Th,F) Pinetree  
\*  **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai  
 **Tennis Clinic: Level 2** (Su,T,Th) Tennis Courts  
\*  **TRX Fundamentals** (Su,Th) Tolteca  
 **Yoga for EveryB.O.D.Y: All Levels** (Su-F) Montaña
- 11:00  **Gyrokinesis® 75 mins** (Su,M,W,F) Pinetree  
 **RLP Heat: Sampler: Level 2** 60 mins (Su) Kuchumaa  
 **Stretch** (Su,T,Th) Oaktree  
 **The Wave** (Su-,F) Activity Pool  
 **The Whys and Hows of Pole Use for Hiking** Bring your hiking poles (Su) Meet outside Arroyo  
 **TRX Circuit: Level 2** (Su) Tolteca  
 **Yoga: Level 2** 75 mins (Su-F) Montaña
- 12:00  **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
- 1:00  **Digestive Wellness, with Vicky Newman, MS, RDN** Olmeca  
 **Posture, Balance and Flexibility: The Feldenkrais Method - Demo and Talk, with Donna Wood** Oaktree  
 **What is Craniosacral Therapy and Energy Medicine? with Michael Brightwood** Library Lounge  
 **WATSU® WaterDance® Demonstration** (S) South Pool
- 2:00 \*  **Cardio Drum Dance** (Su,W) Kuchumaa  
\*  **Deep Water Training** (Su,T,Th) Activity Pool  
 **Feldenkrais** (Su,M,T) Oaktree  
\*  **Pilates Reformer: Level 2** (Su,W) Pilates Studio  
 **Living Your Great Story! with Leza Danly, Life Coach** Arroyo
- 3:00  **Cardio Equipment HIIT** 30 mins (Su) Azteca  
 **Functional Mobility** (Su) Tolteca  
\*  **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio  
 **Sound Healing** (Su,T,Th) Oaktree  
 **Stability Ball** 30 mins (Su) Olmeca
- 4:00  **Restorative Meditation** (Su,T,Th) Montaña  
 **Roll and Release** please wear socks (Su,T,Th) Tolteca  
 **What is a Story, Why Do Stories Matter, and Why Does YOUR Story Matter? with Dean Nelson** Library Lounge
- 5:00  **The Healing Power of Sound: The Science, with Lester Garfinkel, MD, FACP** Oaktree  
 **Mexico, Past and Present, with José Guadalupe Flores, Ph.D.** Tolteca
- 7:15  **Movie: A Star is Born** Library Lounge
- 8:00  **Concert - HeartStrings: A Serenade for Mothers, with Stevan Pasero** Oaktree

## MONDAY | May 13

\* Indicates classes with limited equipment. Arrive early to ensure a space

- 6:15  **Mountain Hike: Professor's** Challenging 3.3 Miles (M,Th) Main Lounge
- 6:30  **Dove Meditation Hike** Moderate 1.2 miles (M,Th) Main Lounge  
 **Introduction to Obstacle Course** 60 mins (M) Meet outside of Kuchumaa Gym
- 6:45  **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
- 9:00  **Bird Walk** (M F) Gazebo  
\*  **Circuit Training** (M-F) Azteca  
 **Feldenkrais** (Su,M,T) Oaktree  
 **Meditation** (M,T,F) Millagro  
\*  **Pickleball: Beginners** (M,W) Pickleball Courts  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Pump It: Level 2** (M.F) Tolteca  
 **Stretch** (Su-F) Montaña
- 10:00 \*  **Circuit Training** (M-F) Azteca  
 **Dance: Zumba** (M,T) Kuchumaa  
\*  **Pickleball: Intermediate** (M,W) Pickleball Courts  
 **Pilates Arc Barrel: Level 2** (M,W) Pinetree  
 **Sculpt & Strengthen: Level 1** (M,F) Olmeca  
 **Yoga for EveryB.O.D.Y: All Levels** (Su-F) Montaña  
 **Trunk Show with Donna Marberger (10 to 12pm)** Mercado's Patio
- 11:00 \*  **Cycle 30: All Levels** 30 mins (M,F) Pai Pai  
 **Gyrokinesis® 75 mins** (Su,M,W,F) Pinetree  
 **Nature Walk** 60-75 mins (M,Th) Gazebo  
 **Ranch Ropes** 30 mins (M) Olmeca  
 **Release & Mobilize** please wear socks (M,W,F) Oaktree  
 **The Wave** (Su-,F) Activity Pool  
 **Yoga: Level 2** 75 mins (Su-F) Montaña
- 12:00  **Juice it up! 30 min demo with Alejandra and Yazmin** Juice Bar
- 1:00  **Gyrotonic Tower Demo** 30 mins (M) Pilates Studio  
 **Food and Mood, with Vicky Newman, MS, RDN** Olmeca  
 **"Bean-to-Bar" Chocolate class – a delicious experience.** 90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.  
 **Drawing, with Jennifer Brandt** 90 mins Sign up Art Studio  
 **Trunk Show with Donna Marberger (1 to 4pm)** Mercado's Patio
- 2:00  **Balance & Coordination** (M,F) Olmeca  
 **Dance: Cardio Hip Hop: Body Rock!** (M) Kuchumaa  
 **Feldenkrais** (Su,M,T) Oaktree  
 **H2O Bootcamp** (M,W) Activity Pool  
\*  **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio  
 **Inner Fitness: Healthy Inner Dialogue – Discover Your Joyous Adult, with Leza Danly, Life Coach** Arroyo
- 3:00  **Core Challenge** 30 mins (M,F) Olmeca  
\*  **Gentle Bounce** 30 mins (M,W) Kuchumaa  
 **Kettlebells: All Levels** (M,Th) Tolteca  
 **The Healing Power of Sound with Lester Garfinkel, MD, FACP** (M,W,F) Oaktree
- 4:00 \*  **Aerial Silks - Low** please wear socks and sleeves (M,T,W,Th) Kuchumaa  
 **Inner Journey: Guided Meditation** (M,W,F) Oaktree  
 **Stretch & Relax** (M,W,F) Montaña  
 **What Keeps Us from Writing? What Should You Write about? There Are Many Reasons to NOT Write. We'll Face Them and Defuse Them, with Dean Nelson** Library Lounge
- 5:00  **Fiesta at the Bazar!! All invited! Sangria and guacamole.** 5:00 to 6:00 pm Bazar del Sol
- 6:45  **Evening Labyrinth** (M) Labyrinth
- 7:15  **Movie: Won't You Be My Neighbor?** Library Lounge
- 8:00  **An Evening with Deborah Szekely, co-founder of Rancho La Puerta, with an informal question and answer session. Hosted by Barry Shingle, Program Director** Oaktree

## TUESDAY | May 14

\* Indicates classes with limited equipment. Arrive early to ensure a space.

- 6:05  **Organic Garden Breakfast Hike** Moderate 4 Miles, Sign up, Option to return via van and/or visit the Professors Park (T-F) Main Lounge
- 6:15  **Mountain Hike: Coyote** Advanced 5.5 or 4 Miles (T,F) Main Lounge
- 6:45  **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge
- 7:00  **Sunrise Yoga** (T) Montaña
- 9:00  **BOSU® Fit** (T,Th) Olmeca  
 **Cardio Boxing** (T) Kuchumaa  
\*  **Circuit Training** (M-F) Azteca  
 **Feldenkrais** (Su,M,T) Oaktree  
 **Meditation** (M,T,F) Millagro  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Stretch** (Su-F) Montaña  
 **Tennis Clinic: Level 1** (Su,T,Th) Tennis Courts
- 10:00 \*  **Circuit Training** (M-F) Azteca  
 **Dance: Zumba** (M,T) Kuchumaa  
 **Pilates Mat: Level 2** (Su,T,Th,F) Pinetree  
\*  **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai  
 **Tennis Clinic: Level 2** (Su,T,Th) Tennis Courts  
\*  **TRX Plus** (T) Tolteca  
 **Yoga for EveryB.O.D.Y: All Levels** (Su-F) Montaña  
 **Trunk Show with Donna Marberger (10 to 12pm)** Mercado's Patio
- 11:00  **Cardio Muscle Blast** (T) Azteca  
 **RLP Heat: Yoga Sculpt: Level 2** 60 mins (T) Olmeca  
\*  **The Bounce** 30 mins (T,Th) Kuchumaa  
 **Stretch** (Su,T,Th) Oaktree  
 **The Wave** (Su-,F) Activity Pool  
 **Yoga: Level 2** 75 mins (Su-F) Montaña  
 **Energy Medicine, with Jonelle Rutkauskas** Library Lounge  
 **Boosting Bone Health – Prevent Injury and Speed Healing, with Vicky Newman, MS, RDN** Olmeca  
 **A Casual Conversation about the Early Days at the Ranch, with Manuelita Ching** Library Lounge  
 **12 Step Program – Guests conduct** Maya Lounge  
 **Trunk Show with Donna Marberger (1 to 4pm)** Mercado's Patio
- 2:00  **Circuit Training** (T,Th) Azteca  
 **Dance: Move,Groove & Funk!** (T) Kuchumaa  
\*  **Deep Water Training** (Su,T,Th) Activity Pool  
 **Feldenkrais** (Su,M,T) Oaktree  
\*  **Pilates Twenty / 20** (T,F) Pilates Studio  
 **Collage, with Jennifer Brandt** 90 mins Sign up Art Studio  
 **Inner Fitness: Emotional Fluency – Permission to Feel, with Leza Danly, Life Coach** Arroyo
- 3:00  **Baja Barre** (T,Th) Olmeca  
 **Gyrokinesis®** (T,Th) Pinetree  
\*  **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio  
 **Sound Healing** (Su,T,Th) Oaktree  
\*  **World Drumming** (T) Kuchumaa  
 **Español /Spanish 101** Progressive (M- F) Library
- 4:00 \*  **Aerial Silks - Low** please wear socks and sleeves (M,T,W,Th) Kuchumaa  
 **The Fine Art of Meditation** (T) Oaktree  
 **Restorative Meditation** (Su,T,Th) Montaña  
 **Roll and Release** please wear socks (Su,T,Th) Tolteca  
 **Hands-on Cooking Class at La Cocina Que Canta with Chef David Cohen.** Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.  
 **Advice, Inspiration from Great Writers, and Making a Plan. Your Writing Life Has Just Begun! with Dean Nelson** Library Lounge
- Design Your Own Jewelry, with Alejandro** 75 mins. Sign up Art Studio
- 7:15  **Movie: RBG** Library Lounge
- 8:00  **Bingo with Barry!** Olmeca

## WEDNESDAY | May 15

\* Indicates classes with limited equipment. Please arrive early to ensure a space.

- 6:05**  **Organic Garden Breakfast Hike** 4 Miles, Option to stay and work in the Garden with Salvador (T-F) Main Lounge
- 6:15**  **Mountain Hike: Raven** Advanced Option of 4.5 or 3.5 Miles (W) Main Lounge
- 6:30**  **Mountain Hike: Alex's Oak** 2 Miles (Su,W) Main Lounge
- 6:45**  **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
- 9:00** \*  **Circuit Training** (M-F) Azteca  
 \*  **Pickleball: Beginners** (Su,W) Pickleball Courts  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Sculpt & Strengthen: Level 2** (Su,W) Olmeca  
 **Stretch** (Su-F) Montaña
- 10:00**  **Bosu Strength: Level 1** (W) Olmeca  
 \*  **Circuit Training** (M-F) Azteca  
 **Dance: Hot Latin Cardio Fusion!** (W) Kuchumaa  
 \*  **Pickleball: Intermediate** (M,W) Pickleball Courts  
 **Pilates Arc Barrel: Level 2** (M,W) Pinetree  
 **Landscape Garden Walk** (W) Gazebo  
 **Yoga for EveryB.O.D.Y: All Levels** (Su-F) Montaña
- 11:00**  **Athletic Action: Level 2** (W) Tolteca  
 \*  **Cycle 30: Rhythm Ride - All Levels** 30 mins (W) Pai Pai  
 **Gyrokinesis@** 75 mins (Su,M,W,F) Pinetree  
 **Release & Mobilize** please wear socks (M,W,F) Oaktree  
 **The Wave** (Su-F) Activity Pool  
 **Yoga: Level 2** 75 mins (Su-F) Montaña
- 1:00**  **Heart Healthy Eating—a Changing Perspective, with Vicky Newman, MS, RDN** Olmeca
- 2:00**  **Bosu Balance** (W) Olmeca  
 \*  **Cardio Drum Dance** (Su,W) Kuchumaa  
 **H2O Bootcamp** (M,W) Activity Pool  
 \*  **Pilates Reformer: Level 2** (Su,W) Pilates Studio  
 **Sculpting Class, with José Ignacio Castañeda** (Sign up, 1.5 hrs) Art Studio  
 **Inner Fitness: Powerful You – Ownership and Responsibility, with Leza Danly Arroyo**
- 3:00**  **Booty Blast** 30 mins (F) Olmeca  
 \*  **Gentle Bounce** 30 mins (M,W) Kuchumaa  
 **The Healing Power of Sound with Lester Garfinkel, MD, FACP** (M,W,F) Oaktree  
 **TRX Flexibility** (W,F) Tolteca  
 **Español /Spanish 101** Progressive (M-F) Library
- 4:00** \*  **Aerial Silks - Low** please wear socks and sleeves (M,T,W,Th) Kuchumaa  
 **Inner Journey: Guided Meditation** (M,W,F) Oaktree  
 **Stretch & Relax** (M,W,F) Montaña  
 **Hands-on Cooking Class at La Cocina Que Canta with Chef David Cohen.** Register at ext 625/ Fee/ Departure at 4:00pm; return 7:30pm. Meet at Admin Bldg.  
 **Design Your Own Jewelry, with Alejandro** 90 mins Sign up Art Studio
- 6:45**  **Mountain Hike: Alex's Oak** 2 Miles (W) Main Lounge
- 7:15**  **Movie: Marvel's Black Panther** Library Lounge
- 8:00**  **We're All Interviewers Here: Why Asking Better Questions Will Get You Better Answers, Both Personally and Professionally, with Dean Nelson** Olmeca

## THURSDAY | May 16

! Confirm your return transportation at Front Admin Building or Concierge

- 6:05**  **Organic Garden Breakfast Hike** Moderate 4 Miles, Sign up, Option: to ride the van back to the Ranch (T-F) Main Lounge
- 6:10**  **Mountain Hike: 7 Mile Breakfast** Advanced with prerequisites, Sign Up (Th) Main Lounge
- 6:15**  **Mountain Hike: Professor's** Challenging 3.3 Miles (M,Th) Main Lounge
- 6:30**  **Dove Meditation Hike** Moderate 1.2 miles (M,Th) Main Lounge  
 **Obstacle Course** 60 mins (Th) Meet outside of Kuchumaa Gym
- 6:45**  **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge
- 9:00**  **BOSU® Fit** (T,Th) Olmeca  
 **Chant** (Su,Th) Millagro  
 \*  **Circuit Training** (M-F) Azteca  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Stretch** (Su-F) Montaña  
 **Tennis Clinic: Level 1** (Su,T,Th) Tennis Courts
- 10:00**  **Dance: Striptease** (Th) Kuchumaa  
 \*  **Circuit Training** (M-F) Azteca  
 **Pilates Mat: Level 2** (Su,T,Th,F) Pinetree  
 \*  **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai  
 **Tennis Clinic: Level 2** (Su,T,Th) Tennis Courts  
 \*  **TRX Fundamentals** (Su,Th) Tolteca  
 **Yoga for EveryB.O.D.Y: All Levels** (Su-F) Montaña
- 11:00**  **Nature Walk** 60-75 mins (M,Th) Gazebo  
 **Stretch** (Su,T,Th) Oaktree  
 \*  **The Bounce** 30 mins (T,Th) Kuchumaa  
 **The Wave** (Su-F) Activity Pool  
 **Yoga: Level 2** 75 mins (Su-F) Montaña  
 **Soft Mosaic Workshop, learn the style of art works featured in dining hall, Session 1, with Tim Hinchliff** Sign up, (\$40 one-time art kit fee) Dining Hall upstairs balcony
- 12:00**  **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
- 12:30**  **Yarn Painting Demo** Dining Hall
- 1:00**  **"Bean-to-Bar" Chocolate class – a delicious experience.** 90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.  
 **Documentary: Tree of Life, The Living Legacy of Edmond Szekely. Q& A with Rob Larson** Library Lounge  
 **Soft Mosaic Workshop, Session 2, with Tim Hinchliff** Sign up, (\$40 one-time art kit fee) Dining Hall upstairs balcony
- 2:00**  **Circuit Training** (T,Th) Azteca  
 **Dance: Cardio Hip Hop: Body Rock** (M,Th) Kuchumaa  
 \*  **Deep Water Training** (Su,T,Th) Activity Pool  
 \*  **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio  
 **Inner Fitness: Create Your Best Life/ Leza Danly Arroyo**  
 **Open Art Studio 2:00-3:30pm** Art Studio
- 3:00**  **Baja Barre** (T,Th) Olmeca  
 **Gyrokinesis@** (T,Th) Pinetree  
 **Kettlebells: All Levels** (M,Th) Tolteca  
 \*  **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio  
 **Sound Healing** (Su,T,Th) Oaktree  
 **Español /Spanish 101** Progressive (M-F) Library
- 4:00** \*  **Aerial Silks - Low** please wear socks and sleeves (M,T,W,Th) Kuchumaa  
 **Roll and Release** Please wear socks (Su,T,Th) Tolteca  
 **Restorative Meditation** (Su,T,Th) Montaña  
 **Hands-on Cooking Class at La Cocina Que Canta with Chef David Cohen.** Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
- 4:30**  **Art Exhibition with Jennifer Brandt, Ignacio Castañeda and Tim Hinchliff** (4:30 to 6:00 pm) Bazar del Sol
- 6:15**  **Silent Dinner** Sign up (Th) Los Olivos (via Dining Hall balcony)
- 7:15**  **Movie: First Man** Library Lounge
- 8:00**  **Concert: A Musical Journey around the World—Performed on Classical, Jazz, and Flamenco Guitar with Stevan Pasero** Oaktree

## FRIDAY | May 17

! Please sign up or confirm your return transportation at the Admin Building or Concierge Desk

- 6:05**  **Organic Garden Breakfast Hike** 4 Miles, Sign up (T-F) Main Lounge
- 6:15**  **Mountain Hike: Coyote** Advanced Option of 5.5 or Challenging 4 Miles (T,F) Main Lounge
- 6:30**  **Intention Meditation Walk** 75 mins (F) Main Lounge  
 **Trail Run** Challenging 3-5 miles Lowlands (F) Main Lounge
- 6:45**  **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
- 9:00**  **Bird Walk** (M F) Gazebo  
 \*  **Circuit Training** (M-F) Azteca  
 **Meditation** (M,T,F) Millagro  
 \*  **Pickleball: All Levels** (F) Pickleball Courts  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Pump It: Level 2** (M,F) Tolteca  
 **Stretch** (Su-F) Montaña
- 10:00** \*  **Circuit Training** (M-F) Azteca  
 **Dance: Cardio Hip Hop: Flashback 90's** (F) Kuchumaa  
 \*  **Deep Water Training** (F) Activity Pool  
 **Pilates Mat: Level 2** (Su,T,Th,F) Pinetree  
 **Sculpt & Strengthen: Level 1** (M,F) Olmeca  
 **TRX Cardio: Level 2** (F) Tolteca  
 **Yoga for EveryB.O.D.Y: All Levels** (Su-F) Montaña
- 11:00** \*  **Cycle 30: All Levels** 30 mins (M,F) Pai Pai  
 **Gyrokinesis@** 75 mins (Su,M,W,F) Pinetree  
 **Ranch History Walk: Explore the roots of the Ranch and its rich 78 year history, with Rob Larson** Gazebo  
 **RLP Heat: Cardio Kickboxing Level 2** 60 mins (F) Kuchumaa  
 **Ranch Ropes Plus** 30 mins (F) Olmeca  
 **Release & Mobilize** please wear socks (M,W,F) Oaktree  
 **The Wave** (Su-F) Activity Pool  
 **Yoga: Level 2** 75 mins (Su-F) Montaña
- 11:30**  **Magical Meanings and Stories of the Dining Room's Art, with Tim Hinchliff** Meet at Dining Room entrance
- 1:00**  **How to Live Your Ranch Experience at Home** Library Lounge  
 **Make a Prayer Arrow, with Tim Hinchliff** Sign up (no fee) Main Lounge
- 2:00**  **Balance & Coordination** (M,F) Olmeca  
 **Dance: Step Aerobics** (F) Kuchumaa  
 \*  **Pilates Twenty / 20** (T,F) Pilates Studio  
 **Water Polo on the Noodle** (F) Activity Pool
- 3:00**  **Core Challenge** 30 mins (M,F) Olmeca  
 **The Healing Power of Sound with Lester Garfinkel, MD, FACP** (M,W,F) Oaktree
- TRX Flexibility** (W,F) Tolteca  
 **Español /Spanish 101** Progressive (M-F) Library
- 4:00**  **Inner Journey: Guided Meditation** (M,W,F) Oaktree  
 **Stretch & Relax** (M,W,F) Montaña
- 5:30**  **Dine 'n' Dance** Dining Hall  
 7:00 pm **Music with the Rancho La Puerta Fiesta Band!**  
 7:50 pm **Dance, Dance, Dance with Alma Latina!**
- 7:15**  **Documentary: Flight of the Butterflies** Library Lounge

Tomorrow's Saturday schedule can be found on bulletin boards in the Main Lounge, Concierge, Front Desk and the Dining Hall.